

Health and Wellbeing Strategy 2016-2020

Outcome 1: Healthy Lifestyles

- Second progress update
- Key performance indicators
- Progress highlights
- Physical activity and nutrition workplace declaration



Helen Jones, Director for Adult Social Care

Outcome 1: Healthy Lifestyles

Children and adults in Nottingham adopt and maintain healthy lifestyles

1. Young people and adults will choose to have safer sex reducing the risk of unwanted pregnancies and sexually transmitted infections
2. People who drink alcohol will drink responsibly, minimising the harms to themselves and those around them
3. Nottingham and its citizens will be smoke free
4. People will have a healthy and nutritious diet
5. People will be physically active to a level which benefits their health
6. People will be able to maintain a healthy weight

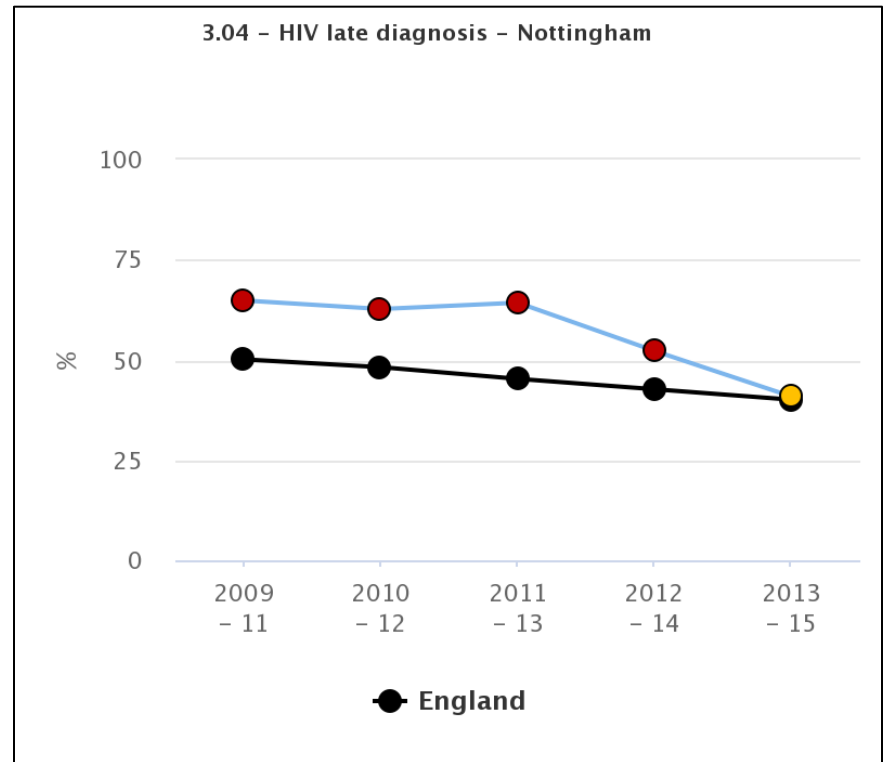
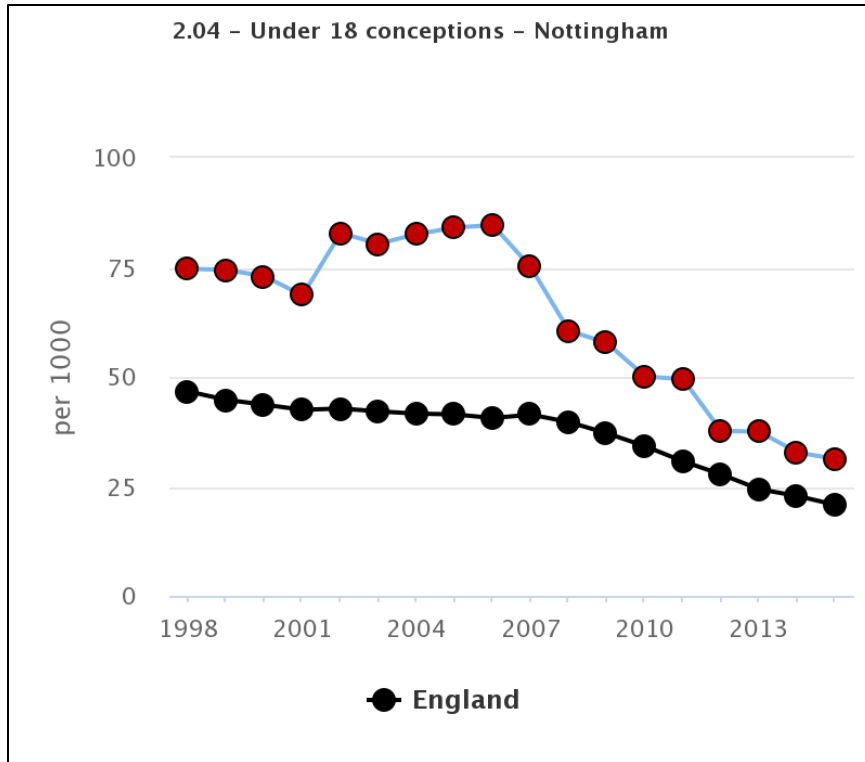


Adult Social Care's contribution to promoting physical activity

- Promotion of physical activity & friendship is a key departmental strategy to maximise health & wellbeing of citizens & colleagues
- These 2 areas are incorporated into first conversation at NHCP, in assessments & reviews for all citizens & carers as part of their health & wellbeing plan
- Colleagues are being encouraged to discuss with citizens and carers the importance of physical activity in reducing social isolation, making connections with the community in which people live and as a mechanism for improving physical and mental health
- Internal newsletters include details of accessible sports opportunities for people with disabilities & frailty, Park Lives, This Girl Can women only & Dementia friendly swim sessions
- Range of physical activities available extended in internal residential & day services & include: basic gym sessions, football sessions, walking groups, chair based exercise
- Sessions initiated by colleagues after work include weekly boot camp, walking groups, informal dance sessions.
- Teams of citizens & colleagues participated in Beat the Street over the summer
- Partnership working with Sports & Leisure & several Community Sports organisations to have maximum impact
- Colleagues in each site supported by local Community Sports organisations to capture progress & impact on colleagues' health, wellbeing & general resilience



Safer sex: performance



Compared with benchmark ● Better ● Similar ● Worse

Safer sex: progress highlights

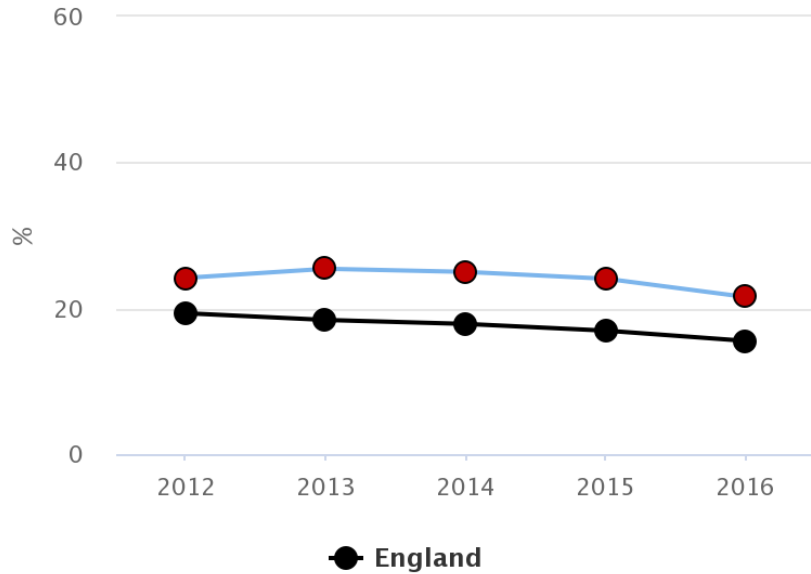
- Year 2 of delivering integrated sexual health services, online chlamydia screening, online HIV home sampling and sexual health testing and contraception services provided via GPs and pharmacies
- Fifty-five schools (of a target of 85 schools) are signed up to the sex and relationship education (SRE) charter with 14 providing effective SRE at level 3, which is the highest level

Alcohol consumption: performance and progress highlights

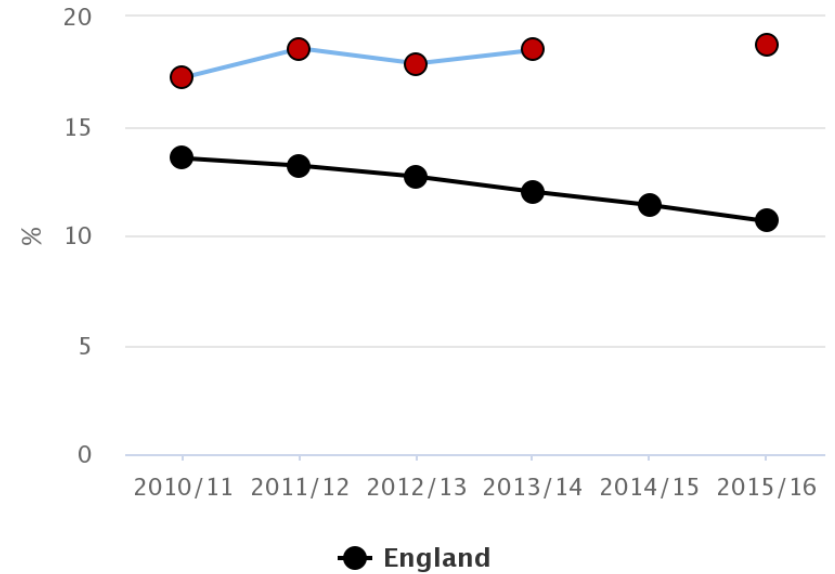
- Performance information issues
- NUH ED:
Clinical staff templates now include an alcohol screening question
Alcohol related information included in discharge letters to primary care
- VCS is developing a model for brief intervention training through the CYPPN and VAPN
- Alcohol diversion scheme re-launch

Smokefree: performance

2.14 - Smoking Prevalence in adults - current smokers (APS) - Nottingham



2.03 - Smoking status at time of delivery - Nottingham



Compared with benchmark ● Better ● Similar ● Worse

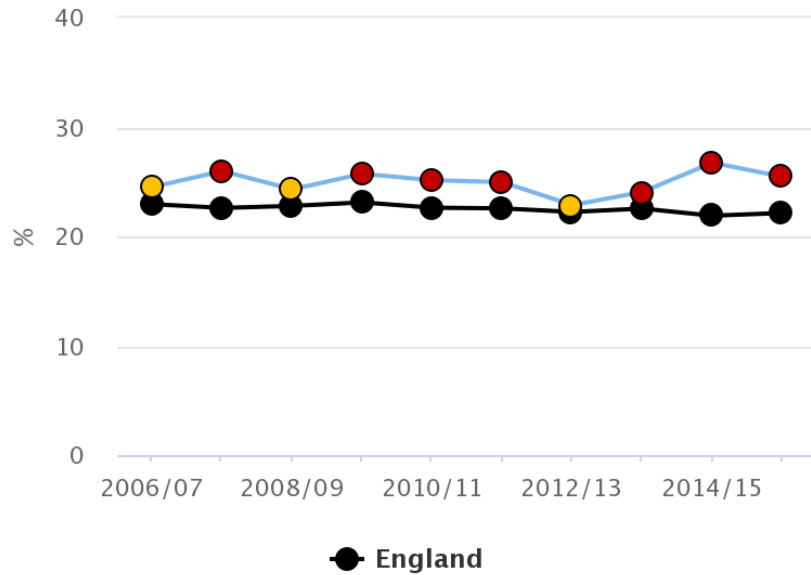
Smokefree: progress highlights

- NHS England has awarded Nottingham City Clinical Commissioning Group (CCG) £75 thousand to tackle smoking in pregnancy
- As part of Smokefree Summer, four major family events across the City have been or will be smokefree
- Nottingham CityCare's New Leaf has been commissioned to provide a stop smoking service for the City for the next three years
- The Smokefree Nottingham Coordinator and Smokefree Lead at Notts. Healthcare NHSFT have been seconded to NUH to lead on the implementation of NICE guidance PH 48
- The majority of Health and Wellbeing Board members have now signed the Nottinghamshire County and Nottingham City Declaration on Tobacco Control

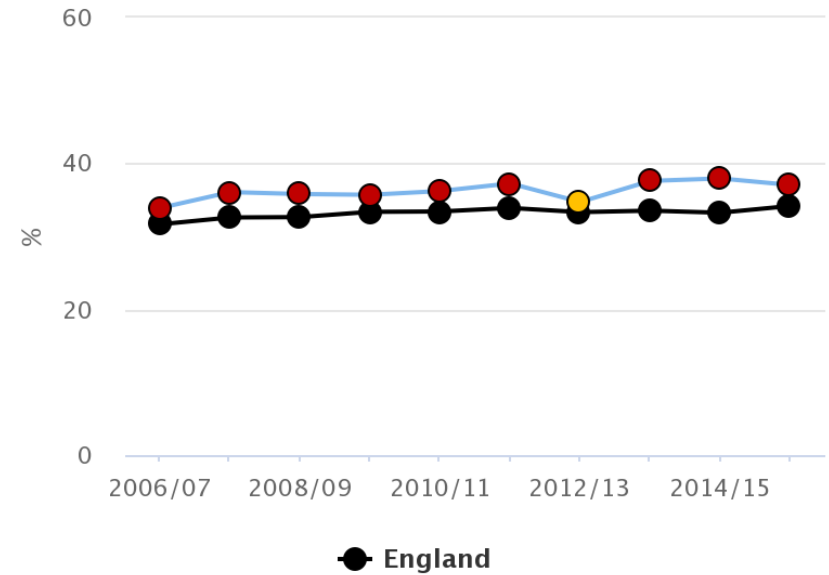


Physical activity, obesity, diet and nutrition: performance

2.06i - Child excess weight in 4-5 and 10-11 year olds - 4-5 year olds - Nottingham



2.06ii - Child excess weight in 4-5 and 10-11 year olds - 10-11 year olds - Nottingham



Compared with benchmark ● Better ● Similar ● Worse

Physical activity, obesity, diet and nutrition : progress highlights

- The One Nottingham Partnership has been successful in the initial stage of bidding for Nottingham City to become one of Sport England's local delivery pilots. Successful applications will receive funding of up to £150 million for over four years to test insight led new approaches to tackling inactivity and reducing inequalities
- Governance has been fully established and the Strategy has been refreshed following sign-off at this Board
- A bespoke training package has been developed to enable children centre staff to identify the basics of breastfeeding and contribute to continued breastfeeding and signposting to local services
- All Children's Centre Hubs are now engaging with and using the Healthy Children's Centre Standard
- A draft Nottingham City Physical Activity, Obesity and Diet Declaration has been produced as a mechanism for tackling inactivity and improving the quality of diet of the Nottingham City population



Physical activity and nutrition workplace declaration

- The proposal for a declaration was formulated in the Health and Wellbeing Board Development Session in December 2016
- Commitment to develop and agree a declaration was then included in the Nottingham City Physical Activity, Obesity, Diet and Nutrition Strategy 2017-20, which was signed off at Health and Wellbeing Board in January 2017



Nottingham
City Council